



SODIUM

TRANSITIONAL STANDARDS FOR SCHOOL YEARS 2022–2023 AND 2023–2024



National School Lunch Program

**NO
CHANGE**

for school year 2022–2023
(known as Target 1)

**10%
REDUCTION**

for school year 2023–2024
(known as Target 1A)

School Breakfast Program

NO CHANGE

for school years 2022–2023 and 2023–2024
(known as Target 1)

National School Lunch Program
Transitional Sodium Timeline and Limits

Age/Grade Group	Target 1: Effective July 1, 2022 – June 30, 2023	Interim Target 1A: Effective July 1, 2023
K–5	1,230 mg	1,110mg
6–8	1,360 mg	1,225 mg
9–12	1,420 mg	1,280 mg

School Breakfast Program
Transitional Sodium Timeline and Limits

Age/Grade Group	Target 1: Effective July 1, 2022
K–5	540 mg
6–8	600 mg
9–12	640 mg

For more resources on reducing sodium, visit <https://theicn.org/shaking-it-up/> to check out the ICN's Shaking it Up: Small Changes Lead to Big Flavors worksheets and online courses.

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